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BADLANDS TOURIST ATTRACTION COULD BE SHUTTERED BY WEEK'S END. PAGE 6.

The kids don't walk: Report

Health. Study finds mom and dad — even grandma and grandpa — have become more active travellers

Kids and teenagers used to be the most active travellers in Calgary but their rates of walking and cycling have plummeted in the span of just one decade, falling behind even people in their 40s and 50s, according to a major study of 9,000 city households.

Calgarians aged five to 14 made up 27 per cent of all weekday walking trips in 2001, according to the latest volume of the Changing Travel Habits in the Calgary Region report, but by 2011 that had dropped to just 13 per cent.

That put Calgary kids and early teens behind 25- to 34-year-olds, 35- to 44-year-olds, and even 45- to 54-year-olds in terms of walking rates.

"We found that it was one of the bigger shifts," said project manager Kristina Hill. "This one was larger than we had anticipated."

A similar, precipitous drop in youth cycling rates was observed but the report cautions the trend "should be taken only as a reference," as the number of kids riding bikes was so small that the data is not considered statistically significant.

The city's travel survey has been conducted each decade since 1961.

Analysts have been poring over the voluminous 2011 data for the past several years and recently released a third report looking at walking data for all kinds of trips.

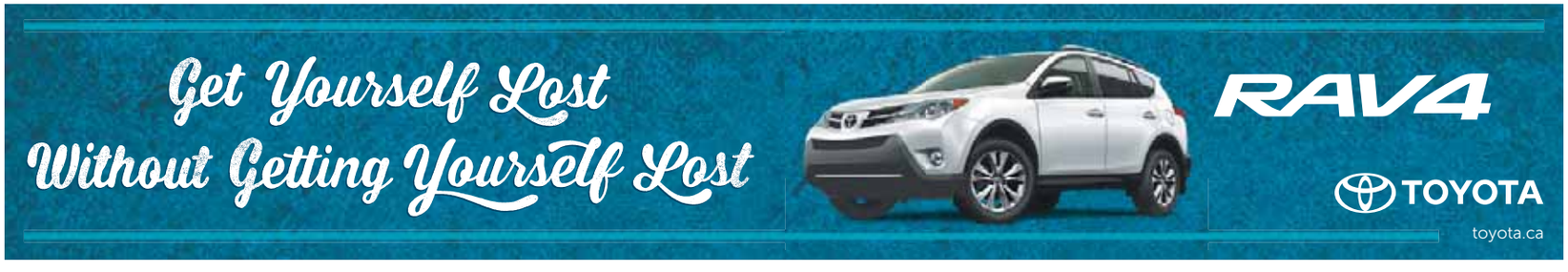
The second report, published late last year, found the proportion of kids and teens walking to school, specifically, has also plummeted in the past decade.

ROBSON FLETCHER/METRO

Why are so few kids walking these days? For more, turn to page 4, where Mayor Naheed Nenshi, a Calgary mom and a nine-year-old weigh in.

'MY FISTS WILL BE UP': TRUDEAU

Liberal Leader Justin Trudeau meets with Metro's editorial panel in Toronto on Monday. He admits he is already campaigning for the coming election. See coverage, pages 8 & 9. ELIZABETH BEDDALL/METRO



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ADVERTISING FEATURE

OVER 1000 CANADIANS HEAD TO ECUADOR FOR THEIR RETIREMENT

The trend is not new: each year, thousands of Canadians flee the cold and the snow, heading south to sun destinations for weeks or months at a time. But sometimes, it seems that only the most adventurous dare to take the next big step and acquire their own property outside of Canada.

GUIDANCE AND SUPPORT: KEY FACTORS

The Canadian company HolaEcuador understood the challenges faced by Canadian snowbirds and now facilitates the sun property acquisition process. After having visited Mexico, Costa Rica and Panama, company co-owners Yves Cormier and Gordon Poole chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says M. Cormier, VP Sales and Marketing. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 700 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."

Mr. and Mrs. Oulianov from Ottawa, purchased their property in HolaEcuador's urban development. "The ability to sign a Canadian contract was reassuring for us", indicates Mrs. Oulianov. "Furthermore, the HolaEcuador representatives here in Gatineau answered all our questions and helped us throughout the entire purchase process. The whole experience was very positive!" The following comments were shared by Mrs. Boucher from Gatineau, who felt reassured by

Mr. and Mrs. Oulianov, HolaEcuador Clients

the progress of the construction of her house and the project in general: "What was promised, was delivered! The project is moving forward quickly and the promoters work with the utmost precaution and make the proper decisions.", she adds.

GOOD TIME TO INVEST

For now, Ecuador remains a relatively well-kept secret. Properties in Ecuador are much more affordable than in similar tourist destinations, which is one of the main reasons that Canadian travellers and investors are flocking to the region. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds. All that said, prices are rising quickly with the current real estate boom in the region. The Oulianovs wanted to act quickly and take advantage of the favourable market. "The development itself is spectacular - an endless beautiful beach, lots of parks and gardens, services available right on the site, and a ton of activities available in the region. We're convinced that this will be a fantastic community in a secure and comfortable environment."

TO GET MORE INFORMATION

"At HolaEcuador's informational seminar I was pleased to discover the high level of professionalism of the developers and the overall quality of the project. In addition to providing lots of interesting information about Ecuador in general, Mr. Poole also provided an in-depth look into this residential project and he took the time to answer numerous questions from the participants. The information that was provided at the seminar left me with a great deal of confidence to take the next steps in realizing my dream." says Al Hendley, a client in Ottawa.

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Canadian project in Ecuador

Downtown commercial core sees surge in street robberies

Crime. Jump attributed to the community not tolerating incidents that would have been overlooked in the past

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Maggie Schofield, executive director with the Downtown Calgary Association, says the organization is working with CPS and other arms of law enforcement to help address a rising number of street robberies. MORGAN MODJESKI/METRO

City police say increased criminal-on-criminal activity and victim reporting are likely factors behind a jump in street robberies in the city's downtown commercial core.

In 2014, the amount of street robberies — anything from a drug dealer getting robbed to purse snatching — climbed to 62, up 40 per cent when compared to 44 in 2013, and an increase of 121 per cent when compared to 28 in 2012.

Maggie Schofield, executive director with the Downtown Calgary Association, said that while the increase is an issue, she believes it can be contributed to a downtown community with less tolerance for crime.

"Safety is a key concern to our association," she said. "If people don't feel safe, they're not going to frequent businesses, they aren't going to be happy about working in the downtown. That's not the image that we care to portray."

Schofield stressed the number of violent crimes in the downtown core have dropped in recent years, and with a larger problem coming under control, the public is reporting crimes that may have gone under the radar in the past.

"Now the lesser crimes can be addressed more carefully and the resources can be put towards those," she said, noting the DCA is working with CPS bylaw officers and Calgary Transit peace officers to address the issue.

Kyle Grant, a CPS staff sergeant for District 1, explained that with 250 officers located downtown, including roughly 125 dedicated beat officers, higher levels of reporting are a reality.

"A lot of times, we're seeing an increase because of increased reporting," he said.

"That's not to say that the incident themselves are on the increase, but the fact that we know about them are. And we actually see that as a good thing."

Grant explained more crimes being reported to the CPS can be a positive, as it can help officers determine where to target enforcement and assist officers when building a case for the courts.

"If you're ever out and about downtown, say on the weekends or during Stampede, you can't really go too far without seeing a police officer on the street or driving by," he said.

"It's not necessarily that they have to get on their phone — at times, it's just a matter of turning around and flagging down an officer."

Naheed Nenshi wins World Mayor Prize

Mayor Naheed Nenshi
JEFF MCINTOSH/THE CANADIAN PRESS

Calgary Mayor Naheed Nenshi is the winner of the 2014 World Mayor Prize, an honour handed out every two years by the City Mayors Foundation to one municipal leader from around the world.

"Since taking office in 2010, (Nenshi) has become the most admired mayor of any large Canadian city," the U.K.-based foundation said in a statement Monday. "He is an urban visionary who doesn't neglect the nitty-gritty of local government. For many in North America and indeed Europe, Mayor Nenshi is a role model for decisive management, inclusivity and forward thinking."

The award is meant to recognize a municipal leader "who has made outstanding contributions to his or her community and whose vision for urban living is relevant to towns and cities across the world."

Daniël Termont, the mayor of Ghent, Belgium, was the runner-up. The second runner-up was Tri Rismaharini of Surabaya, Indonesia.

Nenshi is the first Canadian to win the World Mayor Prize. The City Mayors Foundation said Nenshi will be presented with a trophy "later in the year."

The announcement came, coincidentally, on Nenshi's 43rd birthday.

ROBSON FLETCHER/METRO

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Declining walking rates among kids blamed on fear, busy lives

Health. This generation may have lower life expectancy than its parents, mayor says

ROBSON FLETCHER
robson.fletcher@metronews.ca

Lucas Butland is among a shrinking group of kids in Calgary who regularly walk to school.

It's tough on particularly cold days, the nine-year-old admits, but he also describes his daily commute on foot as a "privilege," one that gives him a sense of "responsibility" and "freedom."

"It's kind of fun, too," he said.

That's the kind attitude Mayor Naheed Nenshi hopes to see more of from Calgary children — as well as parents. Nenshi said Monday he's not surprised by new data showing a sharp drop in the rates of walking among kids and teenagers, as it bears out anecdotal evidence that led him to launch his Walk Challenge to city students in September 2014.

Quoted

"There seems to be a tendency — compared to when I was a kid, anyway — to coddle our children, to make sure life is very comfortable for them all the time."

Calgary mom Robyn Bews

"It's unquestionably true: The habits that we set early in life are the habits that stick with us," the mayor said Monday. "There's also evidence that kids who don't get that walk in don't do as well in school."

Lucas's mom, Robyn Bews, said it's not always easy, but she encourages both him and his younger sibling, who's in Grade 1, to walk as much as possible.

"I think people are afraid to let their kids walk," she said. "I think there's a tendency to overprotect."

From left, Tiffany Stones, Debbie Rheinstein, Mayor Naheed Nenshi and Lori Beattie kick off Nenshi's Walk Challenge in September 2014. METRO

Nenshi said fear for kids' safety is almost certainly a factor in declining walk rates, but it's a concern not borne out by the evidence.

"Calgary is safer now than it has been in a generation," he said.

Another factor is "the built environment" of many Calgary neighbourhoods, the mayor added, noting in his own suburban community a return trip to the grocery store is a 45-minute endeavour, on foot.

Bews said increasingly busy lives are another factor, particularly with kids getting involved in competitive sports at younger and younger ages, and often needing to travel across the city rather than to the local community centre for practices or games.

Nenshi said he tries to walk 10,000 steps a day but admits it's often a challenge and said he wishes he had followed his own advice when he was a younger man.

"The best advice I would give my 21-year-old self is: That body's not going to last," he said. "Be active now and remain active, because getting active when you haven't been — as many people in our community will attest — is very difficult."

Crime

Cab driver arrested in connection with sexual assault

Calgary police have charged a cab driver in connection to a sexual assault last month — an incident city officials maintain is a rare occurrence in their books.

On Friday, police arrested Umar Khayyam, 35, of Calgary, and charged him with one count of sexual assault.

The man was a licensed driver and has been with driving with Associated Cab for a year. He had his driving privileges revoked by the city's Livery Transport Services.

Mario Henriques, the city's chief livery inspector, said cabs are statistically safe but there are added precautions customers can take.

Knowing the cab number and licence plate can help identify individual drivers.

He added that from 2011 to date the frequency of these sorts of cases have dropped by 55 per cent. HELEN PIKE/METRO

Daily bike counts now broadcasted from city cycle track

Cyclists riding over a sensor in the 7 Street SW cycle track will now be automatically counted. METRO FILE

Daily bike counts are now being auto-generated and posted online from Calgary's lone downtown cycle track, an exercise in real-time data the city plans to expand this summer when a larger network of separated bike lanes opens.

An automated bike counter embedded beneath the concrete in the cycle track on 7 Street SW is now transmitting real-time data, said city cycling co-ordinator Tom Thivener.

The city began publishing daily counts from a similar counter on the Peace Bridge on Jan. 1.

Once the Centre City Cycle Track Network opens in July, the city plans to install three or four more automated counters that will push daily data to the web, said Ekke Kok, the city's transportation data manager.

Among the planned additions is a "totem" that will show real-time bike counts on a digital display as people ride over the sensor.

In numbers

262

The average number of bikes counted on a weekday along the 7 Street SW cycle track since Dec. 11, 2014

That display will likely be put on the 5 Street SW cycle track, between 9 and 10 Avenue, he added.

Coun. Sean Chu, who has long called for more open data on cycling welcomed the addition and said the devices should be expanded beyond downtown, particularly on the 10 Street NW and Northland Drive bike lanes..

Kok said the city does plan to install an automated counter on 10 Street later this year as well as another on the Bow River Pathway, and he'd like to add one to Northland Drive after the downtown cycle-track pilot project concludes in 2016. ROBSON FLETCHER/METRO

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Minister aims to reduce youth homelessness

Outreach. Human Services Minister Heather Klimchuk calls for early intervention

After moving out of her parents' house when she was only 17, it was a year before Ange Neil moved into Haven's Way, what she calls her "safe place."

After three years spent at the housing facility for young girls, Neil said she felt ready for independence and left to pursue her social-work degree at Mount Royal University.

"I needed a lot of support with my mental health, and coming to (Haven's Way) gave me that," she said.

"I don't know where I would be without Haven's, but it wouldn't be university."

Human Services Minister Heather Klimchuk paid Haven's Way a visit Monday afternoon after releasing a new action plan to reduce youth homelessness, putting early intervention at the forefront.

Klimchuk said that the plan is the only one of its kind in Canada — but a necessary one.

"What we're finding is that there's a large portion of our homeless that are youths, no question," said Klimchuk. "We need to focus on that population to get them on their way, because they're the future."

According to the Government of Alberta, recent counts suggest that as many as 20 per cent of the homeless population is 24 and younger.

The new action plan, spearheaded by Klimchuk, will focus on intervening at the point where they can prevent youth from falling into the cycle of homelessness. JENNIFER FRIESEN/FOR METRO

Quoted

"We need to focus on that (youth) population, to get them on their way, because they're the future."

Human Services Minister Heather Klimchuk, on why she's chosen to focus on homeless youth

Ange Neil, 21, moved into Haven's Way when she was 18 and said it became her second home. JENNIFER FRIESEN/FOR METRO

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University of Calgary student Ian Feil has been known to peddle a textbook or two. Now, he and some friends have launched an online marketplace for just that purpose. JEREMY NOLAIS/FOR METRO

Students launch textbook-trading website

Student entrepreneurs hope a new online trading site will allow them to crack into the textbook resale market.

MyUniTrade allows learners looking to off load some prior reading material to link up with potential buyers online and arrange a meeting. Site co-founder and University of Calgary commerce student Ian Feil said the on-campus book buy-back options leave something to be desired and much of the textbook trading actually takes place on designated Facebook pages.

"We just thought there must be a better way for students to buy and sell amongst one another, connect with each other online in some form besides Facebook," he said.

Feil, alongside fellow U of C student Tom Larose, took their idea to some savvy computer-science peers attending the University of British Columbia. The site was designed and MyUniTrade officially launched this month, netting thousands of page views in short order. A few dozen textbooks have been posted to the site, and Feil was able to unload five of his own for rates between $10-60 before they collected dust.

"Even if you're going to get $10 for it, it's better than nothing," he said.

Kyle Ketchum, a communications student at U of C, was impressed with the site and used it to sell four books for rates between $60-80. In the past, he said he would have sold them back for set prices through a campus book buy-back service.

Ketchum, however, believes he fetched a better price on MyUniTrade. "It was really easy to use," he said. "I think there's definitely a place for it, especially at the U of C."

Feil said his team is now working on expanding the site's reach beyond Calgary and there is talk of introducing an online-payment option down the road. Talks have also begun about potentially hosting a marketplace for tutoring services as well.

To check out MyUniTrade for yourself, head to myunitrade.com.

JEREMY NOLAIS/ METRO

Massive reptile exhibit could close, displacing 220 animals

Badlands. $400,000 needed to bring tourist attraction up to code

JEREMY NOLAIS
jeremy.nolais@metronews.ca

A blood python hatches at Drumheller's Reptile World in 2013. CONTRIBUTED

Trying to find a good home for a 600-pound alligator is no easy task.

Still, it's an ordeal Dave Bethel, owner and founder of Drumheller's Reptile World, currently finds himself in.

Billed as "Canada's largest live reptile exhibit," the Badlands tourist attraction could be shuttered by week's end unless Bethel and his team can raise $400,000 to perform some much-needed maintenance and bring their building up to code.

If it closes, a logistical nightmare of sorts could emerge, just given the sheer size of Bethel's collection, built up over the past quarter-century that the exhibit has existed.

"We have just over 220 animals on display right now," said Bethel. "Local amphibians, frogs, a 600-pound alligator, salamanders, pythons and boas.... We've got a little bit of everything.

"We can't keep operating like this," he added. "We've got a faulty roof that's leaking, a furnace that needs replacing. Some of the exhibits need upgrading, too."

Reptile World is just one of three facilities in Canada solely devoted to cold-blooded animals — the other two are in Ontario. Decision day for Bethel's attraction, which sees 40,000 annual visits, is Friday.

He's already taken the step of shipping a list of his reptiles to a number of zoos and private breeders.

"It's trying to find homes for as many of the animals as possible," he said. "We've had a few responses from people … but, with this many animals, who knows when you've got a 600-pound alligator. If a zoo wants an alligator, they've already got one."

When asked what would happen if he didn't relocate his entire collection, Bethel responded, "We don't want to think about that right now."

Alberta SPCA spokesman Roland Lines noted his organization doesn't operate its own animal shelter but conceded a collection like Bethel's could be difficult to accommodate in typical animal rescues.

"These resources are obviously much easier to find for companion animals and livestock than for exotic animals, such as reptiles," Lines said.

An Indiegogo page has been launched with the intention of helping Reptile World raise $300,000 of the funds it needs. As of Monday afternoon, a little over $2,900 had been raised.

Exotic animals

"Fear of snakes is fear of the unknown. I've also said they're like men — they're a little bit misunderstood."

Dave Bethel, owner of Reptile World, on the prospect of finding new homes for dozens of the slithery types

Crime

RCMP seeks taxi-riding home invader

RCMP in central Alberta are looking for a man who took a taxi to a home invasion and asked the driver to wait for him.

Red Deer Mounties say a man took a cab on Saturday night to a mobile home and knocked on the door. When a resident opened the door, the man punched him several times before stealing cash, a cellphone and some cigarettes. He then returned to the taxi, which dropped him off downtown. A police search of the area did not locate a suspect. THE CANADIAN PRESS

Politics

Alberta Party open to talking Liberal merger

The leader of the Alberta Party says he isn't interested in a shotgun marriage with the provincial Liberals but he's still open to an eventual merger.

The Liberals rebuffed that idea on the weekend and instead chose Calgary MLA and one-time boss David Swann to be the party's interim leader over a caucus colleague who had pitched co-operation with the centrist Alberta Party in the next election.

THE CANADIAN PRESS

Journalist gives up citizenship to gain freedom

Cairo. Mohamed Fahmy relinquishes Egyptian passport after more than a year in prison

An Egyptian-Canadian journalist imprisoned in Cairo has relinquished his citizenship as a condition of his release, his fiancée said Monday.

Marwa Omara said it was "a very hard" decision for Mohamed Fahmy.

"He is a proud Egyptian that comes from a family of military servicemen," Omara said in an email to The Canadian Press.

"They told him: 'Nationality is in the heart, and you can come in as a tourist.'"

It remained unclear when exactly Fahmy would be released. However, Foreign Affairs Minister John Baird told CBC on Monday that Fahmy's release was "imminent." He declined to provide any more details.

The 40-year-old was expected to be deported to Canada when released.

Fahmy's mother sent a public letter to Egypt's president on the weekend, calling her son an "innocent" man in urgent need of medical treatment.

"Mr. President, as a journalist my son never strived to tarnish Egypt's image. It's this Al Jazeera case that now smears Egypt's reputation abroad," wrote Wafa Abdel Hamid Bassiouni.

Fahmy and two Al Jazeera colleagues — Australian journalist Peter Greste and Egyptian Baher Mohamed — were arrested in December 2013 and convicted of terror charges related to their coverage of the violent crackdown on Islamist protests.

They were sentenced to between seven and 10 years.

Greste was finally freed on Sunday.

Prison officials and Egypt's official Middle East News Agency said Greste's release resulted from a "presidential approval" and was co-ordinated with the Australian embassy.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Imprisonment

Egyptian authorities had accused the three journalists of providing a platform for ousted president Mohammed Morsi's Muslim Brotherhood, now declared a terrorist organization. But authorities provided no concrete evidence.

- The three were widely seen as having been caught up in a regional power struggle between Egypt and Qatar, which funds Al Jazeera and strongly supported Morsi.

Guy Turcotte to remain out on bail until trial

Guy Turcotte appears in court in an artist's sketch from Nov. 14, 2013, in St. Jerome, Que. The former doctor charged with killing his children will remain free pending his trial, as Quebec's Crown prosecutor's office said Monday it would not appeal the matter further.

MIKE MCLAUGHLIN/THE CANADIAN PRESS

Parliament

Minister John Baird to resign, CBC reports

CBC News has reported Foreign Affairs Minister John Baird will resign from the Harper cabinet as early as Tuesday. His departure, along with the resignation of Jim Flaherty, would mean two of Harper's most powerful ministers will have left the inner circle in less than a year.

TORSTAR NEWS SERVICE

Peace River

Driver killed in school-bus crash

A school-bus driver was killed in a highway crash with a transport truck in northwestern Alberta on Monday. The bus was taking 14 students to classes at elementary and high schools in the Peace River area. All of the kids were injured in some way but there were no life-threatening injuries. THE CANADIAN PRESS

Supreme Court

Ruling expected on assisted suicide

The Supreme Court says it will release a much-anticipated ruling on assisted suicide on Friday.

Although the two main figures in the case have died, the B.C. Civil Liberties Association's effort to change the law continues.

Kay Carter and Gloria Taylor were the key plaintiffs and they won at the British Columbia Supreme Court, which ruled that the assisted-suicide law violates the rights of the gravely ill.

The case was appealed to the Supreme Court of Canada, which agreed to revisit the issue.

The civil liberties group says it believes that people who are suffering unbearably at the end of life should have the right to choose a dignified and peaceful death. THE CANADIAN PRESS

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"WHAT MATTERS IS WHAT YOU DO WITH WHAT YOU'RE GIVEN"

ROSEMARY WESTWOOD
Metro in Toronto

Justin Trudeau's pitch for prime minister goes roughly like this: It's not that Canadians can trust him; it's that he trusts them.

The trademark of his leadership would be openness in government, society and politics, he told Metro editors and reporters during an hour-long interview on Monday.

His caucus will be able to vote by their conscience. He will separate his own religious beliefs (he's Catholic) from his politics (he's pro-choice). Collaboration, not "divisive" politics, will reign.

Trudeau was accompanied by a low-key entourage and equipped with more polished answers than some of his previous offhand gaffes would suggest.

Like the Liberal Party itself, Trudeau has yet to release an official platform. He kept his answers to generalities about what he would do if elected: invest in education, create a more diverse economy, work more closely with municipalities, and better support indigenous communities.

If his policies are still opaque, he is clear about the kind of politician he promises to be.

The Liberals won't use attack ads, like the ones already running against him. They might work, he admitted, but will lead to a divided country.

"I would rather campaign with one arm tied behind my back than have to govern with one arm tied behind my back," Trudeau said.

While the Conservatives have tried to use Trudeau's privileged upbringing against him, he embraced it as one of the reasons he's running for prime minister.

"I recognize that I've been incredibly, incredibly fortunate in my life," he said, but his parents "drilled" into him that "what matters is what you do with what you're given in life."

That's why he chose to become a teacher, and it's why he wants to be prime minister, he said.

His father, former prime minister Pierre Trudeau, taught him to stand by his convictions, despite political costs.

"My mom taught me actually to like people, which my father wasn't always very good at," he said, and laughed.

She also taught him that there is strength in vulnerability, after going public about her struggle with bipolar disorder a decade ago and helping influence public discourse on mental health.

"People were unbelievably supportive," Trudeau said. "For me that is an incredibly powerful message."

It could also help explain his own candid, relaxed approach to the public: Being vulnerable could be a powerful tool to win voters.

But don't expect a push-over, he warned.

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the positions we dislike," Trudeau said.

Presumably, the party will also be very clear about what policies it does agree with, when it finally releases a platform.

"Let's be very clear. My fists will be up. I am a boxer," he said.

What that can mean for Canada's future remains to be seen.

On women...

Catholic — and also pro-choice

On the divisive issue of abortion Justin Trudeau has a practised answer. It's one he says is based on personal conviction, not political strategy.

He supports a woman's right to choose.

He's Catholic, but said that elected representatives should not impose personal views on entire communities.

"I've sat down with a number of bishops, archbishops and even a cardinal and I've talked about the fact that their job as priests is very different than my job as a leader, as a politician," he said.

He has been outspoken on women's issues in the past. He was tested last year when two Liberal MPs were accused of sexual harassment. He kicked both out of caucus.

"Most workplaces are further ahead than the House of Commons was, and that's why there was very little I could do within our existing system, which is why the actions I took were fairly decisive."

He sighed before answering that cultural change is needed before legislative change.

"Our judges, our judicial system, our police, our investigators, are in a very, very difficult situation responding to something like that, that's already happened and in many cases, ends up being he said, she said," he said.

"There's a big culture shift that's ongoing, that needs to continue."

Trudeau also spoke on the coming debate about euthanasia.

On Friday, the Supreme Court is expected to rule on Canadians' right to die with dignity and Trudeau expects a "serious" debate.

"We have to have that balance of personal choice and rights of an individual to decide about their life, and the responsibility to protect vulnerable individuals from abuse.

"That's a balance that is at the core of my own views and values and convictions."

JESSICA SMITH CROSS/METRO

Quoted

"My mom taught me actually to like people, which my father wasn't always very good at."

Justin Trudeau

Prime Ministerial ink

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better," Justin Trudeau said Monday in a sit-down interview with Metro. ELIZABETH BEDDALL/METRO

On balancing security, prosperity and freedom

JESSICA SMITH CROSS
Metro in Toronto

Liberal Leader Justin Trudeau spoke at length about his values in an hour-long interview with Metro on Monday and had answers to some, but not all, of our questions on how he would put those values into policies he'd champion as prime minister.

On youth and the middle class...
Trudeau said he knows that many young Canadians feel prosperity is passing them by; that their generation will not have a home, a pension, an education without crippling debt, good employment prospects and economic security upon which to start a family of their own.

"Young people are feeling that," he said, "and their parents are feeling that this is a breakdown in the idea of Canada, that every generation is supposed to have greater opportunities and be able to get a better quality of life than the previous generation."

That breakdown is a source of tremendous anxiety that's toxic to the country, he said.

His plan to solve it starts with investing in education: better bursaries and loans, looking into tying the repayment of student loans to income, and allowing Canadians to use RESPs to continue their education throughout their careers. Improving the middle class, according to Trudeau, means improving the infrastructure it relies on, particularly transit, as well as encouraging both a "resource and knowledge economy."

Closing the wealth gap "means supporting middle-class Canadians, not supporting the wealthy. That means we're competitive in terms of corporate taxes, but not creating giveaways in hopes that corporations will create jobs."

On the environment...
Trudeau criticized Prime Minister Stephen Harper's recent talk on climate change, suggesting his words were prompted by the election year and not "some kind of road to Damascus" realization that climate change exists.

Trudeau's position on climate change is to support the provinces as they create systems for putting a price on carbon: Alberta has a levy, B.C. a carbon tax and Quebec a cap-and-trade system. Ontario has a plan in development.

"If we can't demonstrate to our trading partners and our citizens that we are serious about protecting the environment and building the economy in a way that is sustainable and helpful to communities, people are going to remove any sort of social licence for mega projects, for pipelines for initiatives that are important for the economy," he said.

On terrorism...
Trudeau doesn't know yet what the Liberals' response to C-51 — the government's anti-terror bill that expands CSIS's power and criminalizes promoting terrorism — will be, but his caucus is going over the details and will debate it Wednesday.

"The fundamental responsibility of any government is to keep its citizens safe," he said. "Whether it's rail safety — as we learned with Lac-Mégantic — whether it's protection against jihadists and international terrorists and radicalization, that's something the government needs to do."

Trudeau said the Liberals have been calling for public and parliamentary oversight of Canada's spy agencies, and the balancing of safety with the protection of Canadian values.

On legalizing marijuana...
Trudeau said his commitment to legalizing marijuana comes from his own values related to personal freedom and protecting the vulnerable, not political strategy.

"It's all about allowing adults to make their choices while protecting kids much better than we are now," he said. "Our current approach isn't protecting our kids, we need to protect the vulnerable, while respecting people's freedoms."

On cities...
In nearly 150 years since Confederation, Canada has shifted from 80 per cent rural and 20 per cent urban, to the opposite and it's time to recognize that cities deliver a majority of services on a fraction of the tax base, Trudeau said.

His party is looking at creating another mechanism — something akin to the gas tax — that empowers cities to build infrastructure, he said.

Trudeau said it's time to stop finger-pointing and recognize that all governments serve the same citizens, so as prime minister, he'd meet with the premiers and the country's mayors and aboriginal leaders, to help them build their long-term plans.

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed, and I know we can work better, much more efficiently on delivering those needs instead of just saying, 'Hey, Ottawa's balanced its books, now it's up to Toronto or Ontario to do it on their own.'"

ALL PHOTOS: ELIZABETH BEDDALL/METRO

Tat test. Trudeau draws his dream-job tattoo

Asked to sketch a tattoo appropriate for the PM, the famously tatted Justin Trudeau paused only briefly before he started drawing what looked like a flagpole.

His aides told him it was time to go, but Trudeau kept sketching. In remarkably accurate detail, he spent several minutes creating a Quentin Blake-esque rendering of the Peace Tower on Parliament Hill — complete with a green copper roof and clock, a small Canadian flag and mini parapets.

But don't expect him to head to the tattoo parlour on Election Day: "I have all the ink I'm going to get. I'm not going to get more tatted up," he said, calling tattoos "addictive."

Trudeau's shoulder is inked with a globe he got in his 20s, surrounded by a Haida raven, added on when he turned 40.

Trudeau reverted to teacher mode on his way out, asking if anyone could pinpoint the one inaccurate detail.

There isn't a maple leaf on the face of the clock tower?

Correct, said the teacher.

ROSEMARY WESTWOOD/METRO

Japanese PM questioned on hostage deaths

Japan. Abe pledged $200M in non-military aid days before ISIL demanded ransom

Japanese Prime Minister Shinzo Abe defended his policy toward terrorism, as the flag at his official residence flew at half-staff Monday in a mark of mourning for two hostages killed by the Islamic State of Iraq and the Levant (ISIL) group.

During a long day of parliamentary debate, Abe parried numerous questions about his handling of the hostage crisis, which came to a grisly end with news early Sunday that journalist Kenji Goto had been beheaded.

Abe said his announcement of $200 million in non-military aid for the fight against ISIL, made during a visit to the Middle East just days before the militants demanded a $200-million ransom for the two hostages, was meant to convey Japan's strong commitment to battling terrorism and fostering peace.

Some have questioned that decision, saying Abe should have been more cautious and not mentioned ISIL by name.

Abe confirmed that he was aware of the hostage situation when he made the announcement. He said he wished to publicize Japan's contribution to the fight against extremism and rejected the idea of a more cautious approach.

"The terrorists are criminals," Abe said. "We are determined to pursue them." THE ASSOCIATED PRESS

Liberia launches trial of experimental Ebola vaccine

A woman is injected by a health-care worker as she takes part in an Ebola vaccine trial on Monday at Redemption hospital in Monrovia, Liberia. A large-scale human trial of two potential Ebola vaccines got under way in Liberia's capital, part of a global effort to prevent a repeat of the epidemic that has now claimed nearly 9,000 lives in West Africa. ABBAS DULLEH/THE ASSOCIATED PRESS

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France. Pimping trial of former IMF head begins

Dominique Strauss-Kahn appeared in court Monday to face accusations of taking part in an international prostitution ring set up to provide him with prostitutes for orgies at luxury hotels in France and the U.S.

The former head of the International Monetary Fund went on trial in the northern city of Lille, France, to face charges of aggravated pimping and involvement in a prostitution ring operating out of luxury hotels.

Hundreds of reporters are covering the trial, making it one of the highest-profile cases in France in years. THE ASSOCIATED PRESS

Ukraine. Some remains from downed plane found

The Dutch defence ministry says a team of experts has recovered a small amount of human remains from a village near the site where a Malaysia Airlines jet was downed last July in eastern Ukraine, killing all 298 people on board.

Monday's mission also netted personal effects of victims and pieces of wreckage of Flight 17 that was heading from Amsterdam to Kuala Lumpur when it plunged out of the sky. THE ASSOCIATED PRESS

Ukraine. Junction city of Debaltseve new battlefront

As Ukrainian troops fought Monday to defend a strategic railway hub, Russian-backed separatists pledged to boost the size of their force and Washington pondered whether to expand its assistance to Ukraine to include lethal aid.

The main rebel offensive is now directed at Debaltseve — a government-held railway junction once populated by 25,000 people that lies between the rebel-held cities of Luhansk and Donetsk. THE ASSOCIATED PRESS

Brussels

Man charged with threatening EU parliament

Belgian police evacuated hundreds of people Monday from the European Parliament and arrested a man clad in camouflage gear who had a gun and a chainsaw stashed in his vehicle.

The suspect, a Slovak national, was charged with "threatening an attack, possession of an illegal weapon and unauthorized possession of a firearm requiring a licence." THE ASSOCIATED PRESS

Climate change

2014 temps among warmest

The UN weather agency says 2014 was the warmest year on record, though the temperature difference with 2010 and 2005 is so small that it's impossible to say for sure which of the three years was the hottest.

WMO chief Michel Jarraud said warming is expected to continue as atmospheric levels of heat-trapping CO2 rise. THE ASSOCIATED PRESS

CRTC moving in right direction: Expert

Television. Gregory Taylor, an advocate of over-the-air TV, feels it still has a place in the evolving on-demand marketplace

As beleaguered local television stations continue to face cutbacks and web-streaming services like Netflix take off, the future of antenna television looks fuzzy. Nevertheless, last week CRTC chairman Jean-Pierre Blais voiced his crystal-clear support for over-the-air television, which is broadcast on open signals and available without a cable-subscription package. The announcement comes after a long discussion on the future of television between the CRTC and more than 13,000 Canadians — about everything from over-the-air to pick-and-pay cable subscriptions — called Let's Talk TV.

It means that over-the-air TV is here to stay, at least for now. Torstar News Service spoke with Gregory Taylor, a Ryerson researcher and expert on over-the-air television.

What was your take on Jean Pierre Blais' speech?
I was pleased by all three major decisions. I thought that they were very much not just consumer-centred but citizen-centred. And I think the CRTC took a big-picture view — and its position as a public regulator quite seriously — and realized they were not just beholden to business interest.

Why is over-the-air television important to you?
Because it means that we are not restricted to cable and satellite subscription if we want to have access to broadcasting. If you remove the over-the-air sector, then we have no choice. The distributors have a complete stranglehold on things that are supposed to be public information, like news and current events.

I'm not saying that all channels should be free, over-the-air, but there should be a baseline that citizens can access.

How is over-the-air television being used south of the border?
Over-the-air is being used in a far more advanced way (in the U.S.) than we are in Canada. Take any comparably sized city in the U.S. ... and what you'll get is a list often between 40 to 60 channels (available over-the-air). You can put up to four channels on one licence.... In Canada, nobody is doing that, but in the U.S. they are.

We have a very weak over-the-air system compared to the U.S., and most of it has to do with the fact that the same companies providing us our over-the-air channels in Canada also sell us cable and satellite subscriptions.

What do you think the future of television is, and where does over-the-air fit in that?
Some people will say everything is going online. But if you take a look at viewership numbers, they've actually remained stable over the last 10 years.

We've seen music fall off a cliff, we've seen bookstores closing down all over the place. Right now, cable and satellite companies are healthy and totally fine.

To me, the future is certainly far less linear than over-the-air offers. It will be a smaller part of the market; I have no illusions that way. But I still think it serves a purpose.

TORSTAR NEWS SERVICE

Gregory Taylor, who is also the author of Shut Off: The Canadian Digital Television Transition, says TV distributors have a near-complete stranglehold on public information such as news and current events. ISTOCK

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Oilsands

Feds are hiding reports, critics say

Critics say the federal government has been trying to hide legitimate concerns about the consequences of oilsands pipelines by keeping a report under wraps on the possible environmental threats posed.

"If this report has been around since 2013 and not been released, then it makes me think they must be trying to hide something," NDP environment critic Megan Leslie said Monday.

Francois Poirier, president of TransCanada's Energy East pipeline project, downplayed such concerns, saying there have been a number of studies indicating that diluted bitumen behaves like any other type of crude-oil product that moves through the pipeline.

However, the unpublished report on environmental threats from oil and bitumen pipelines says that little is known about the potential toxic effects of oilsands products in oceans, lakes or rivers.

THE CANADIAN PRESS

Lululemon founder resigns from board

The founder of Lululemon Athletica Inc. is stepping down from the company's board and turning his attention to growing his family's newest venture, a clothing company founded by his wife and son.

Dennis (Chip) Wilson started Lululemon in 1998 in Vancouver after taking a yoga class and helped turn it into an international brand, with more than 250 stores.

However, he had been at odds with the Lululemon board after resigning as chairman in 2013 and tried unsuccessfully to oust two directors from the board last year, saying they were not focused enough on product innovation.

James Courtovich, a spokesman for Wilson, said the founder's frustration with the board stemmed from their refusal to adopt a new fabric his wife had created, which she calls "Technical Cashmere."

Wilson offered the fabric to Lululemon three times, but each time the board rejected it, Courtovich said. That spurred Wilson's wife and son to start a clothing company called Kit & Ace, which uses the fabric.

Wilson said in a statement Monday that his decision will give him more opportunity to grow that business, which has five stores in Canada and two in the United States.

"I have achieved the goals I set when I came back, and after careful thought, I believe now is the right time to step away from the board," Wilson said.

Wilson had left Lululemon in 2012 to take a sabbatical in Australia. He says he was asked by the board to return in the spring of 2013. THE CANADIAN PRESS

Lululemon founder Chip Wilson THE CANADIAN PRESS FILE

Market Minute

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VOICES

THE PLIGHT OF PEDESTRIANS

Many are hopeful a new strategy will help encourage more Calgarians to walk, but without investment, the plan will only be as good as the paper it's written on

KIMBERLY JONES
calgary@metronews.ca

We must stop underfunding pedestrian planning in Calgary and improve walking for Calgarians in order to work toward the city we want.

Everyone at some point in their day is a pedestrian, whether walking to the bus, school, work, or even from their parked car to a store. Yet, pedestrian projects and pedestrian planning has long been underfunded.

Although the Calgary Transportation Plan indicates that walking should be the priority, as Coun. Druh Farrell said in budget deliberations, "We're getting crumbs." Pedestrian projects make up a very small portion of the city budget. Councillors quibbled over small budget items, cutting a couple million from the Active Modes Program and adding a couple more for snow- and ice-clearing accessibility issues instead of funding both.

These actions by council to question even small investments in walking has sent a message to city administration that this type of investment is not valued and will be more highly scrutinized than far larger investments in other areas. Policies that put walking first are not backed up by investment, and pedestrians continue to suffer. Many are hopeful that the eagerly anticipated Pedestrian Strategy will lead to real change. However, without investment, a plan is only as good as the paper it's written on.

The 1st Street S.W. underpass project is a good example of how pedestrian projects are treated. When the design was completed, the city advised that work would be completed in 2013. Many Calgarians (particularly the 9,500 who walk it every day) were encouraged that city council was finally investing in improving pedestrian infrastructure that was from the start poorly conceived and has since deteriorated. The downtown underpasses are barriers for pedestrians to the Beltline, and their crumbling pavement, insufficient lighting and uneven slopes pose a safety hazard.

Sisters Roha Abid, left, and Fashiha Abid cross at the street near the intersection of Saddletowne Circle and Falconridge Boulevard N.E. on Sunday. During rush hour, they say, many drivers don't yield to pedestrians at the busy intersection. THE CANADIAN PRESS FILE

2013 and 2014 passed without work beginning. Well, not quite: the railway art and the lights were removed seemingly in preparation for work. Months later the lights were turned back on, and the delay continued unexplained. Finally this month the city quietly announced that work will be going ahead due to corporate funding (partial funding will come from the Canadian Pacific Railway and Fairmount Palliser Hotel). While their investment in public infrastructure is admirable, why is this funding needed for a project that has been planned since 2013? If additional funding was needed, why did it take so long to secure while other, bigger-budget projects are included in regular city budgets and completed without corporate funding?

Planning for pedestrians is an important part of having a pleasant, accessible and equitable city, and investments in pedestrian infrastructure must come along with investment in roads, transit and bicycle infrastructure. Policies that prioritize walking and plans such as the Pedestrian Strategy are a good start, but until the city puts its money where its mouth is, our pedestrian facilities will continue to be inadequate. We will continue to marginalize those that don't drive and do nothing to encourage more people to walk.

DO YOU HAVE A COLUMN IDEA?
Shoot us an email:
readers@metronews.ca

Kimberly Jones has lived in Calgary for 35 years. She is a transportation advocate, particularly interested in walking and public transit, and studies urban issues and planning.

Ignore the rodent prognosticators and embrace winter

MELISSA DUNNE
readers@metronews.ca

Poet T.S. Eliot famously declared April as the cruellest month. I disagree: It's definitely February.

In our desperation to bring a swift end to the coldest and wettest season, we jump at — as we did Monday — weather forecasts from groundhogs and men in top hats. Nova Scotia's Shubenacadie Sam and Quebec's Fred la Marmotte both saw their shadows. Ontario's Wiarton Willie and Manitoba's Winnipeg Willow did not. Will there be six more weeks of winter or early spring? Hmm. Not to sound as grumpy as Bill Murray in the 1993 classic Groundhog Day, but it's time to take your head out of the frozen ground — winter is here for a while, so we may as well embrace it.

The first official day of spring is March 20, but many parts of the True North will have snow well past that date. In Halifax, the Old Farmer's Almanac predicts rain, wet snow and flurries for the last week in March.

While Vancouver doesn't get much white stuff, the area is set to see snow and rain from March 17-21, according to the almanac. Last year Ottawa saw snow on April 15, according to the Government of Canada's website. Calgarians were posting photos online when the city was hit by a very late spring snowstorm on June 6, 2009. Yes, June.

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while. With that in mind, here are my tips for making it through the rest of winter without melting down like all that snow on the ground when the salt hits.

Winter's here for a while

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while.

Buy the right gear.

When my family first emigrated from Dublin, we hit the local Sears and bought one-piece snowsuits and woolen ski masks. Canada gets cold, but there's generally no need for a ski mask unless you're actually skiing. But it is worth splurging on a down-filled parka, shearling trapper hat, wool scarf, waterproof mittens and sturdy winter boots. In Vancouver, I recommend Gore-Tex and galoshes. Most of these items are now on sale — go get some.

Don't be afraid to fall.

Then, wrap up and get outside. After years of hibernating indoors like some sort of bear-human hybrid, I have enacted Project Embrace Winter. I skate. I have snowshoed. I've even tried cross-country skiing, and all I did was fall and struggle to get up over and over again. But I'm out there embracing winter.

Add some Baileys.

After a long day of doing winter sports poorly, I'll make some hot coffee. Or if you have a sweet tooth, chop up some baking chocolate, warm some milk on the stove and throw in some sugar and marshmallows. I usually add a dash of Baileys, too. While I'm now a dual Irish-Canadian citizen, I am still a Dubliner at my cold, shivering core.

Find a way to warm up to our cold weather, which will likely last well past the equinox. And no matter what the rodent soothsayers say, Canada Day is still a very long 21 weeks away. Then we can all stop complaining about the cold and wind chill and start complaining about the heat instead.

metro
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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim's not sorry for bringing up the Bruce brouhaha

There's trouble in the Jenner-Kardashian compound, and it apparently stems from comments that the most famous of the brood, Kim Kardashian, made in an interview with Entertainment Tonight last month expressing support for "what Bruce (Jenner) is going through." What he's reportedly going through is transitioning from male to female, though no official announcement has been made at this time. Hence the family strife. "Kim has not even tried to apologize because she says she was helping him and the ratings of the TV show," a source tells Radar Online. "Unfortunately, the more Kim talks, the more famous she gets. She has pulled this kind of stunt before and has lost friends and lovers. But she honestly does not care. She just moves on." And honestly, I'm surprised by the family outrage. If anyone understands the "I was trying to boost our ratings" argument, it's those people.

Sorry, British supermodels — you're over

Naomi Campbell

Carol White, the modelling agent responsible for such '90s fashion titans as Naomi Campbell, Claudia Schiffer and Linda Evangelista, is calling time of death on Great Britain's future as a supermodel talent pool. "The British are s—. Even if they're from a poor background, British girls have everything," White, herself a Brit, tells the Sunday Times Style Magazine. "They come from, say, Newcastle, and they don't want to leave their mates or their boyfriend — they're torn. We're not as fit. Maybe we eat too much."

Kanye West and two Super Bowl fans

Kanye doesn't want to be in your selfie, all right?

Kanye West went to the Super Bowl, but he didn't look too happy about it. Or maybe he just wasn't too happy about being roped into a couple of fans' attempts at a selfie with the star. He just looks so miserable, right? Seriously, did he just send his Madame Tussauds wax figure to the big game in his stead?

Kate wouldn't change a #&@$!% thing about the way she's raised her kids

Kate Winslet takes a positive attitude when it comes to helping her children cope with divorce. "I think it's very important to teach your children to struggle on some level," she tells Harper's Bazaar.

"I would honestly say that I wouldn't change a thing. Even all the bad bits. It doesn't matter how s—y times have been, they all matter, because those things shape who you are. And if you don't like who you are, well, then you're f—ed, really, aren't you?"

Way to bring everybody down, Kate. On the plus side, she's also got a great take on the whole "losing the baby weight" mania following the birth of her latest child, Bear. "There's a big part of me — now more than ever before — that feels a sense of responsibility for how other women view themselves," she says.

"Take having the baby, for instance. Have I actively been on a diet to lose my baby weight? No, I haven't. I genuinely bloody haven't. I so didn't want to be one of those, 'Oh wow, she's back in shape after 12 weeks' women. When I read things like that, I just think, 'Oh for f—'s sake, that's actually impossible.'"

Kate Winslet

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The Backstreet Boys: AJ McLean, Kevin Richardson, Brian Littrell, Nick Carter and Howie Dorough. GETTY IMAGES FILE

Backstreet Boys look back — warts and all

VOD. Documentary, Show 'Em What You're Made Of, follows the band back to Orlando while recording their latest album

NED EHRBAR
Metro in Hollywood

The Backstreet Boys are taking time to look back, creating a documentary to do so. After being brought together 22 years ago in Orlando by wealthy businessman and eventual convicted felon Lou Pearlman, The Boys — Nick Carter, Howie Dorough, Brian Littrell, AJ McClean and Kevin Richardson — let a camera crew follow them as they revisited their past and recorded their 2013 album, In a World Like This. The result is Show 'Em What You're Made Of, available on VOD. We sat down with the band to chat about what it was like to see their lives on screen.

When you saw the documentary, were there any parts that were hard to watch?

Nick: I think, individually, we each probably had something that was a little difficult. If you want to get specific, for me, I didn't like watching myself cry and go through that whole experience with my teacher, because I'd kind of put that in the back of my mind. It was a tough time in my life, and seeing myself cry — that's (hard) for me.

AJ: I think kind of reliving everything with Lou and being at the house ... that whole situation affected us each differently. I think there were high moments and there were low moments even making the film. Some were much more emotional than others. It was a great learning experience — a relearning experience.

Brian: My voice therapy stuff is hard to watch, just because it was such a trying time in my life ... It was something I really tried to hide. I didn't want it to be on the documentary, but it just kind of evolved and came out. But it's good that I'm better now and getting stronger each and every day.

Did any of the outfits from the '90s make you cringe?

Howie: Absolutely. Of course.

Kevin: There were quite a few. Lots of interesting fashion.

I don't know if favourites is the right word, but were there any moments that stick out?

Nick: Favourite bad ones?

Brian: We just saw an interview of us backstage in the green room for the Grammy Awards.

Nick: The Grammys!

Brian: It was 1999, and the question was, "So what do you Backstreet Boys think about the Internet? Do you think it's going to be something pretty cool?" And (AJ) is in a white top hat, white suit.

AJ: White everything.

Brian: He looked like ... Willy Wonka.

AJ: I looked like Dr. Seuss.

Howie: You looked like Marilyn Manson.

Brian: No, Willy Wonka!

AJ: OK, Willy Wonka, that's what it is. Everyone's in dark colors and I'm just random, as per usual.

Brian: I think he thought he was in Jodeci or Boyz II Men.

AJ: There were definitely some wardrobe faux pas back in the day.

Reality of unrealistic ideals

Body image. How women are confronting the pressure to meet media and advertising's narrow views of beauty

SEPTEMBRE ANDERSON
life@metronews.ca

Viola Davis addressed beauty ideals during her acceptance speech at the SAG Awards. GETTY

Thursday is the new Friday, at least in the television world, where the prime-time triumvirate of Shonda Rhimes, Kerry Washington and Viola Davis has taken over TV screens.

The seat-gripping dramas How To Get Away With Murder, Scandal and Grey's Anatomy, however, are not only reshaping the TV landscape but also sparking important conversations about body image and beauty ideals.

After New York Times critic Alessandra Stanley called Davis "not classically beautiful" and compared her looks with women like Halle Berry and Washington, the actress didn't respond — until she accepted the award for outstanding performance by a female actor in a drama series award at the Screen Actor's Guild Awards last month.

"Thank you for thinking that a sexualized, messy, mysterious woman could be a 49-year-old, dark-skinned African-American woman who looks like me," she said, alluding to Stanley's below-the-belt comment.

"I think her saying very clearly that a sexy woman and a mysterious woman and a lead actor could look like her was something that everyone needs to hear and be reminded of," said PhD candidate and fat activist Jill Andrew.

"It's the need for representation and it's the need for relevant representation."

Media and advertising are often known to present narrow, unrealistic depictions of women that are leading to unhealthy results.

According to a study by Dove, only four per cent of women worldwide think they are beautiful and between 600,000 to 990,000 Canadians suffer from eating disorders like bulimia, anorexia and binge-eating disorder.

Andrew is no stranger to battling with her weight.

"One of the first lessons I learned was that perfection was really hard to get to and like many people, I practised," said Andrew, who also confronts shadeism in the black community.

"I practised for years to get that perfection, and for me that perfection included diets and sneaking a taste of my mother's Slim Fast strawberry milkshakes. My practice even included a small stint with trying to bleach my skin."

It took years for Toronto-based Andrew, co-founder and executive producer of the Body Confidence Canada Awards, to overcome her self-esteem issues.

Finding a supportive, empowering community and reading books like Ain't I A Woman? by bell hooks were part of her self-love arsenal.

"These sorts of books started me on the path of recognizing that these ideals that were set out for me and for all women really only took a very small percentage of women into consideration," said Andrew.

Rebecca Matchett, meanwhile, grew up on teen magazines and graduated to women's magazines in university. The beauty ideals promoted in these publications affected her self-esteem and it was a strict media cleanse that helped improve the way she viewed herself.

"I'm very conscious on the Internet of the material that I look at," said the 26-year-old project manager from Fredericton, N.B.

"I'm conscious that everybody that I'm looking at in the media is Photo-shopped."

Websites like XO Jane and Beauty Redefined also helped Matchett feel more confident.

"I really started to understand that there are more people like me who want to see images that aren't edited and who want to live in a world where our variety of bodies is OK."

"The more educated we become in peeling back the layers of this facade," said Andrew, "the less it impacts us."

The perception effect

When told men desire full-bodied figures, women felt better about their own weight, say researchers at Southern Methodist University (SMU) in the U.S. "A woman's body image is strongly linked to her perception of what she thinks men prefer," says lead author and social psychologist Andrea Meltzer of SMU. Heterosexual women, says Meltzer, tend to believe men prefer the ultra-thin bodies that dominate the media. "Consequently, this study suggests interventions that alter women's perception regarding men's desires for ideal female body sizes may be effective at improving women's body image," she says. Meltzer conducted three studies of 448 women. In all three studies, women were more positive about their bodies after looking at pictures of voluptuous women portrayed as being attractive to men. AFP

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Mushrooms bring sunny goodness to soup

Mushrooms

Falling in love with fungi

I have been a mushroom lover since my grandpère hiked me and my sisters out to the bush collecting puff balls from the meadow along the way.

He simply stuck a cast iron skillet over the fire and plopped a big chunk of butter into the pan.

He took out his Swiss Army knife and sliced the balls into the pan. He flicked them with the knife and then skewered a fat slice into our mouths.

I was in heaven!

It was only later that I discovered how nourishing mushrooms are.

Truly wild mushrooms are even better, but you really have to know what you are foraging for because you can go very wrong.

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All fungi contain precious trace minerals.

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- The only vegan source of vitamin D (other than sunshine)
- B vitamins to help you fight stress
- Very few calories for their nutrient density
- Beta glucans which are a type of fibre that is proving to lower insulin resistance and lower cholesterol.

Mushrooms are foolproof to cook, they require very little prep time and go into practically anything.

Vegan Vitamin D Mushroom Soup.

Turn vitamin-packed fungi into a winter-warming main course

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This time of year, everyone in Canada needs more vitamin D. The sun isn't strong enough and other sources like fish and fish roe aren't a large part of our diets.

This soup is a great main course on a weeknight with a big hunk of bread and a few nuts. It is low cal, but nourishing and complete.

Directions

1. In a large pot, soften onions in oil over medium heat for a few minutes.
2. Stir in mushroom and vegetable broth.
3. Cook for 15-20 minutes to heat mushrooms through.
4. Use a hand wand or a blender to purée, then add and blend in hummus.
5. Fry a couple of mushrooms to use as garnish as desired and serve with nuts.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe takes 20 minutes to prepare and makes six servings. THERESA ALBERT

Ingredients

- 1 onion, chopped
- 1 tablespoon extra virgin olive oil
- 6 cups cremini mushrooms plus a few extra for garnish
- 1 litre vegetable broth
- 1 cup hummus
- 1 cup mixed nuts

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NBA

Bucks halt Raps winning roll at six

The roll the Toronto Raptors were on came to a screeching halt at the hands of the undermanned Milwaukee Bucks on Monday.

DeMar DeRozan scored 16 points, but it wasn't enough to lift Toronto in a lacklustre 82-75 loss to the Bucks, ending the Raptors' six-game winning streak.

Jonas Valanciunas had 12 points and 13 rebounds, while Lou Williams finished with 12 points and Terrence Ross added 10 points for Toronto (33-16).

THE CANADIAN PRESS

NBA

Hawks' 19-win streak snapped in New Orleans

The Atlanta Hawks' franchise-record 19-game winning streak was snapped Monday night in a 115-100 loss to the New Orleans Pelicans.

Anthony Davis had 29 points and 13 rebounds to help New Orleans win for the sixth time in seven games. THE ASSOCIATED PRESS

NHL

Ovechkin named month's first star

Washington Capitals winger Alex Ovechkin is the NHL's first star of January after scoring a league-high 12 goals in 13 games over the month.

Ovechkin also led all players with six power-play goals and 59 shots on goal to power the Capitals to a 7-3-3 January and the second wild-card spot in the Eastern Conference.

New York Islanders centre John Tavares was named January's second star, while the third star award went to Boston goaltender Tuukka Rask.

THE CANADIAN PRESS

Flames lash it all out in the third, again

David Jones scores against Michael Hutchinson of the Winnipeg Jets in the first period at Scotiabank Saddledome on Monday in Calgary. The Flames scored three times in the third — they lead the NHL with 65 third-period goals — to secure a 5-2 win. On Sunday, the Flames beat Edmonton at home 4-2, also scoring three goals in the third period. Go to metronews.ca for more coverage. DEREK LEUNG/GETTY IMAGES

Dallas Stars' Tyler Seguin rising fast

NHL. Tied for second in the league in points, the 23-year-old leads a surprising playoff hunt for the Texas team

When the Boston Bruins traded Tyler Seguin in July 2013, general manager Peter Chiarelli knew it was possible he'd blossom with the Dallas Stars.

"He's a tremendous package of skill and speed, so yes (his play) will go north," Chiarelli said at the time. "Tyler is a 21-year-old. He is a good kid, he's got a good heart and he is going to continue to grow up."

Seguin's play has improved so much that he's tied for second in the NHL in points. He means so much to the Stars that he's a Hart Trophy candidate and the only reason Dallas is even in contention.

"There's been stretches where he was the only one scoring, especially early in the year," general manager Jim Nill said. "If it wasn't for him scoring, we wouldn't even be talking about being in the playoff hunt right now."

With 28 goals and 28 assists, Seguin has put the Stars on his shoulders. Inconsistent goaltending and a young blueline have caused plenty of problems, but the 23-year-old has been good enough to be a solution.

Seguin is responsible for creating more goals for his team than anyone except for Patrick Kane of the Chicago Blackhawks. He has some help with captain Jamie Benn and former Ottawa Senators captain Jason Spezza, but the onus is on Seguin to lead the Stars' offence.

Seguin leads Dallas in goals, game-winning goals, points and shots. "We do have a deep team and that's what helps us win games," he says.

The Stars are 10th in the Western Conference, one point behind the defending Stanley Cup-champion Los Angeles Kings for ninth and four points back of the Calgary Flames for the second wild-card spot. That's incredible considering goalies Kari Lehtonen, Anders Lindback and Jussi Rynnas have combined for the second-worst save percentage in the NHL at .896.

THE CANADIAN PRESS

Quoted

"I think I put a lot of pressure on myself."

Tyler Seguin on having the onus of leading the Stars' offence.

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Seattle

Sherman likely to undergo Tommy John surgery

Seattle Seahawks cornerback Richard Sherman played the Super Bowl with torn ligaments in his left elbow and will likely need Tommy John surgery in the off-season.

Sherman played in the Seahawks' 28-24 loss to New England without a brace on the elbow and did not appear to be impeded by the injury.

Richard Sherman
THE ASSOCIATED PRESS

"In football you're never 100 per cent. We were good enough to go. We went out there and played. There is no excuse," he said. THE ASSOCIATED PRESS

Atlanta

Quinn leaves Seahawks to coach Falcons

The Atlanta Falcons announced Monday that Seattle defensive co-ordinator Dan Quinn will be the team's next coach.

The Falcons said Quinn will be introduced at a news conference on Tuesday. THE ASSOCIATED PRESS

Cleveland

Manziel seeking lifestyle treatment

Johnny Manziel has sought help to change his off-field lifestyle.

Following a rough rookie season in the NFL, Manziel has entered a treatment program for unspecified reasons, an adviser for the Cleveland Browns quarterback said. THE ASSOCIATED PRESS

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Patriots quarterback Tom Brady was named the Super Bowl MVP for the third time on Sunday night in Glendale, Ariz. ROB CARR/GETTY IMAGES

Brady eyes more titles

NFL. Winner of four championships, Tom Terrific says he is 'still kind of in the midst of my career'

Tom Brady knows what's next: more Super Bowl wins.

At least he hopes so.

The most successful quarterback of his era was still riding the high of his fourth NFL championship on the morning after New England's 28-24 victory over Seattle. Brady had every right to look back at his four touchdown passes against the NFL's top-ranked defence and beam. Instead, he was looking ahead.

"I am still kind of in the midst of my career," Brady said Monday before being presented with a car and his third Super Bowl MVP trophy, tying him with his boyhood idol, Joe Montana. "I just love the game. I love playing. I love representing our team."

The Pats won three Super Bowls in four years, then lost in its next two trips to the big game. Brady knows how close they came to a third straight flop against the NFC champion, needing an interception with 20 seconds to go to clinch the crown.

"We've been on the other end of this two times in the last seven years, being ahead late in the game with the chance to win it, and not closing it out," Brady said of losses in 2008 and 2012 to the New York Giants. "I'm glad we had the opportunity to do it. Coach talked all week about how it was going to take all 60 minutes and it certainly did.

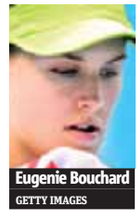
"It never broke our will. We were down 10 in the fourth quarter and (Seattle) being on the one-yard line with 20 seconds left, but the guys never gave up. And you fight until the end and great things happen." THE ASSOCIATED PRESS

Tennis. Bouchard turns down Fed Cup matchup

Eugenie Bouchard will not play for Canada in this week's Fed Cup tie against the Czech Republic at Laval University.

The decision was announced Monday in a Tennis Canada release. Charlotte Robillard-Millette of Blainville, Que., will fill the final roster spot after the world's seventh-ranked player decided she would not compete in the first-round tie.

"Genie wants to be the best in the world and win Grand Slams and she needs to make the right decisions for her schedule and her training to give her the best opportunity to achieve that," Tennis Canada president Kelly Murumets said in a statement.


Eugenie Bouchard
GETTY IMAGES

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will work best today if you work as part of a team. Try to remember a certain amount of tension can be creative and there is nothing wrong with a bit of dissent.

♉ Taurus
April 21 - May 21
You need to get rid of all that emotional junk. Be ruthless with yourself — if you let your heart continue to rule your head you won't get rid of half as much stuff as you should.

♊ Gemini
May 22 - June 21
The only danger today is that you will change your plans at the last possible moment and by doing so upset other people's aims.

♋ Cancer
June 22 - July 23
You may be tempted to take some kind of risk today but as there is a full moon in the area of your chart that governs your wealth that may not be a good idea.

♌ Leo
July 24 - Aug. 23
Because today's full moon takes place in your sign you will be more emotional than usual, which has both advantages and disadvantages.

♍ Virgo
Aug. 24 - Sept. 23
If you let your worries get out of hand today it may stop you from taking action and once you stop you will find it hard to get going again.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they predicted.

♏ Scorpio
Oct. 24 - Nov. 22
If someone gets a bit aggressive in their attempts to sell you something you don't want, be it a physical object or an idea, be a bit aggressive back at them.

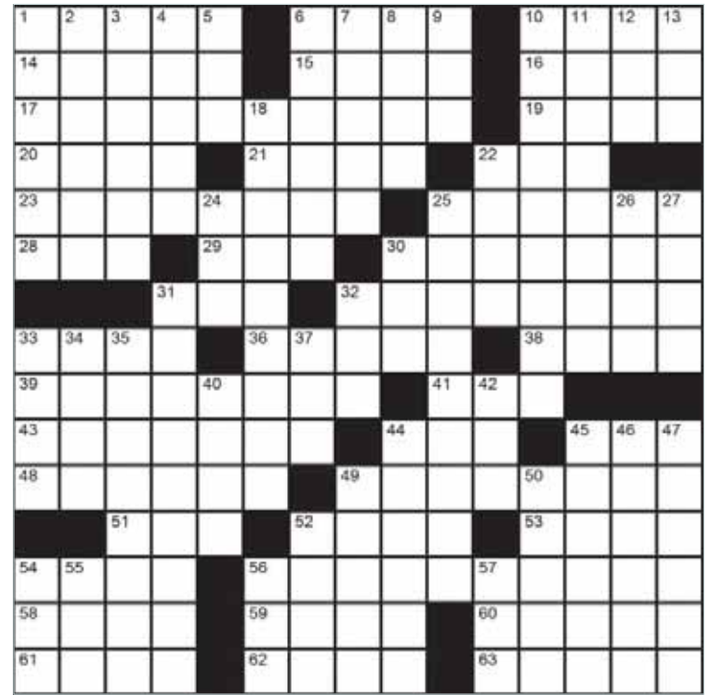
♐ Sagittarius
Nov. 23 - Dec. 21
There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn
Dec. 22 - Jan. 20
Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. Don't make a big issue of it.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces
Feb. 20 - March 20
If someone annoys you today just walk away. If you allow yourself to get drawn in you will say things you might later wish you had kept to yourself.

Crossword: Canada Across and Down by Kelly Ann Buchanan



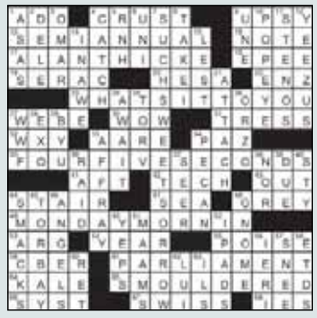
Across

1. Easy-running horse
6. Awaken
10. Noodle dish, Pad __
14. Treble clef's lined notes, in sequence
15. Hold up
16. Challenging
17. Canadian composer of "Music Box Dancer": 2 wds.
19. She sheeps
20. Ailed, __ _ fever
21. Twice's opposite
22. "Shameful!"
23. Partnerless laundry pairs: 2 wds.
25. Animal artifact
28. Victoria International Airport code
29. Cold
30. Journalist Mr. Rivera
31. __ culpa!
32. The __ (Family related to Harry Potter)
33. "__ _ silly question..."
36. Don't sit
38. Olive-of-comic's surnamesakes
39. Kenora, ON's Husky the Muskie = __ attraction
41. Mr. Somerhalder
43. Lost in the __ (Farley Mowat book)
44. Compass pt.
45. Actor Mr. Young
48. Breaks up
49. Telephone sound: 2 wds.
51. Bootcamp bigwig, briefly
52. BC: Port __ Bridge (It links Surrey to Coquitlam)
53. Taro root
54. Geological flattop
56. Household spot for miscellaneous items: 2 wds.
58. Organic compound
59. 'Myth' suffix
60. Putting into service
61. People: French
62. Clarified butter
63. Canadian comedian/actress Ms. MacDonald

Down

1. Mount __, Continental Divide peak captured-on-canvas by Lawren Harris of The Group of Seven
2. Sweet Rosie __ (1943) starring Betty Grable
3. _ _ _ _ (Comfort food sandwich, hipstyle)
4. __ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
5. Subj. of "Bobby" (2006)
6. Retro toy
7. Powders
8. Archipelago part
9. Lefts opp.
10. Ontario town between Sault Ste. Marie and Sudbury
11. Canadian musician Mr. Workman
12. "All bets __ off."
13. Passports, e.g.
18. Some shoes
22. Crags
24. Goose: French
25. "Right Action" by Franz __
26. Pastoral poem [var sp.]
27. Sports defeat
30. Pistol
31. Elizabethan vocal pieces
32. Actor, Daniel __ Kim
33. Financial hedgers, briefly
34. Ivory __
35. Ottawa Senators captain Erik
37. Cnd. banks, e.g.
40. Cobblestone
42. Cobbler's tool
44. Rip Van __ (Storied snoozer)
45. Long-billed wading bird
46. Tab key function
47. Seinfeld character
49. Greek Myth: Mother of Perseus
50. Bug
52. Plentiful
54. Ms. Ryan
55. Chem. ending
56. Dublin dance
57. __ the wrong way

Yesterday's Crossword

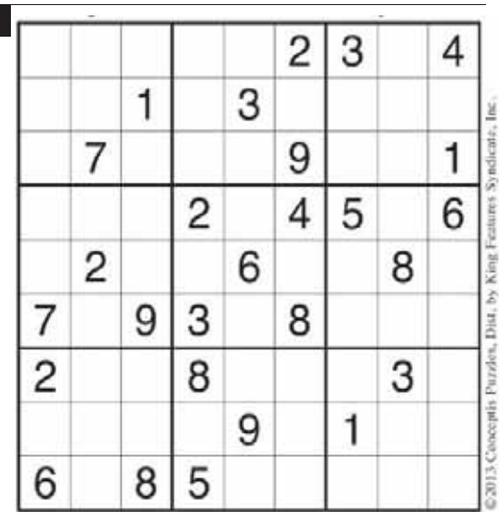


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	9	3	2	1	7	4	8	6
4	1	2	6	8	5	3	7	9
7	6	8	3	9	4	5	2	1
9	2	4	7	6	8	1	5	3
3	5	7	4	2	1	9	6	8
6	8	1	5	3	9	7	4	2
8	3	5	9	7	2	6	1	4
1	4	6	8	5	3	2	9	7
2	7	9	1	4	6	8	3	5

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